



Build a Healthy Back

It's easy to take your back for granted - until you're hit with back pain. Here's a care plan to keep your back happy:



Tone up - Strengthen the "core" back and stomach muscles. See www.acefitness.org/workouts/5/ for suggested exercises.

Reduce - Slimming down can relieve stress on your lower back.

Improve your posture - Stand up straight. Slouching causes muscle strain.

Pre-empt pain - Avoid wearing high heels. Wear shoes with adequate arch support.

Avoid injury - When lifting or lowering heavy objects, bend at the knees (not the waist) and use your leg muscles. DON'T twist or rely solely on lumbar support belts.

Apply ergonomics - When standing for long periods, put one foot forward and bend your knees slightly. Chairs should be appropriate for the task and support your lower back. If not, use a small pillow or rolled towel.

Sleep on it - Backache can occur with mattresses that are too hard OR too soft. Put plywood between the box spring and mattress to stiffen a soft bed; soften a firm mattress by adding a thick mattress pad.



City Events

Tips for a Tax Smart Future

Tuesday, June 5

12 noon - 1:00 pm

SMT 4050

Wise Investing - Deferred Comp.

Thursday, June 14

12 noon - 12:45 pm

SMT 4080

Tips for a Tax Smart Future Webinar

Tuesday, June 19

12 noon - 1:00 pm

Registration TBA

Purchasing a Home

Wednesday, June 20

12:30- 1:30 pm

SMT 4050

Women and Investing 201 - Deferred Comp.

Wednesday, June 27

12 noon - 1:00 pm

SMT 4020

Registration: Call 447-1924

Blood Pressure Screening

Wednesday, June 27

Stop by between 10:30 & 1:30

SMT 4096

Drink Up, Slim Down

It's easy to underestimate the effect of sugary drinks. Many premade drinks (soda, ice tea, lemonade, sports drinks) contain 200 calories or more.



Substituting water, seltzer or unsweetened beverages for these can lead to measurable weight loss. Find water boring? Add citrus slices, vanilla flavoring or mint sprigs.

Long-Term Care Insurance



The City's current Long-Term Care insurance carrier, John Hancock, stopped accepting enrollees after December 31, 2011. The City will move to a new carrier, Prudential, in the fall.

- *Current Long-Term Care plan participants* will receive information in mid-June about transferring their account to the new carrier or remaining with John Hancock.
- *All eligible employees* who DO NOT currently participate* in the long-term care plan will receive information in August regarding a Special Enrollment Period in September to enroll with Prudential.

*Includes employees with Most benefits coverage, Local 27 employees and all retirees (excludes SPOG, Local 77, and Fire Chiefs).

News and Notes

- **Flexible Spending Account**
Reminder to review your account, upload claims directly, upload requested receipts and update personal information through the web at Baclink.com. Your Employee ID is your work employee ID number with a zero *in front* to make it 9 digits long. Your Employer ID is BAC007516.
- Are you ready to **quit tobacco**? Take the Readiness Quiz at quitnow.net/Seattle/About/Quiz/Readiness.aspx
- **A Mobile Mammography Screening** will be offered at the end of July.

General Information

Take Charge! is a general guide to health benefits and healthy behavior. Contact your health care professional with your specific health care concerns.

Your Prescriptions - Get the Best Price

- **Use network pharmacies**
Your health plan offers more generous benefits for using a network pharmacy and your savings will be greater.

Aetna members:
aetna.com/docfind/custom/cityofseattle/

Group Health members:
ghc.org/pharmacy/index.jhtml
- **Use your health plan's mail-order service**
Use mail-order for drugs you take regularly—for example, medications for high blood pressure, high cholesterol, diabetes or asthma. You'll have the convenience of a 90-day supply, and you may receive a discount.
- **Find information and cost**
Your health plan offers an online drug information tool that you can use to learn more about your medications and pricing. Your prescription may have a generic equivalent.

Aetna members:
AetnaNavigator.com; click on "Estimate Drug Costs"

Group Health members:
ghc.org/pharmacy/index.jhtml

Get to Know Your Pharmacist

Going to one pharmacy allows you to build a personal relationship with your pharmacist, making it easier for you to approach them with questions or concerns.

- Is there a generic version?
- Does it matter what or when I eat with this medication?
- What side effects could I have?

